

maanDookya upanishat

prathamah khanDaha

om bhadram karnebhih shrunuyaama devaaha | bhadram
pashyemaakshabhriyajatraaha | sthirairangaistushTuvaagmsasatanoobhihi | vyashema
devahitam yadaayuhu | svasti na indro vrudhashravaaha | svasti nah pooshaa
vishvavedaaha | svasti nastaarkshyo arishTanemihi | svasti no bruhaspatirdadhaatu ||

om shaantih shaantih shaantihi ||

om ityetad aksharam idagm sarvam tasyopavyaakhyaanam bhootam
bhavadbhavishyaditi sarvam omkaara eva | yacchaan yah trikaalaateetam
tadapyomkaara eva || 1 || sarvagm hyetad brahmaa yamaatmaa brahma
so~yamaatmaa chatushpaat || 2 ||

dviteeyah khanDaha

jaagarita sthaano bahishpragyaah saptaanga eko na vimshati mukhah sthoola
bhugvaishvaanarah prathamah paadaha || 1 || swapna sthaano antah pragyaah
saptaanga ekona vimshati mukhah pravivikta bhuktaijaso dviteeyah paadaha || 2 || yatra
supto na kanchana kaamam kaamayate na kanchana svapnam pashyati tat sushuptam
| sushupta sthaana ekeebhootah pragyaanaghana eva aanandamayo hyaananda
bhukchetomukhah praagyaah truteeyah paadaha || 3 || esha sarveshvara esha sarvagya
esho antaryamyasha yonih sarvasya prabhavaapyayou hi bhootaanaam || 4 ||
naantahpragyaam na bahishpragyaam nobhayatahpragyaam na pragyaanaghanam na
pragyaam naapragyaam | adrushTam avyavahaaryam agraahyam alakshaNam achintyam
avyapadeshyam ekaatma pratyaya saaram prapanchopa shamam shaantam shivam
advaitam chaturtham manyante sa aatmaa sa vigneaya || 5 ||

truteeyah khanDaha

so ayam aatmaa adhyaksharam onkaaro adhimaatram paadaa maatraa maatraashcha
paadaa akaara ukaara makaara iti || 1 || jaagarita sthaano vaishvaanaro akaarah
prathamaa maatraa~~pteraadim attvaadvaa~~pnoti ha vai sarvaan kaamaan aadishcha
bhavati ya evam veda || 2 || swapna sthaanah tejasah ukaaro dviteeyaa
maatrotkarshaad ubhayatvaadvotkarshati ha vai gyaana santatim samaanashcha
bhavati naasyaabrahmavikule bhavati ya evam vedaha || 3 || sushupta sthaanah
praagyo makarah truteeyaa maatraa miterapeetervaa minoti ha vaa idagam sarvam
apeetishcha bhavati ya evam vedaha || 4 ||

chaturthah khanDaha

amaatrah chaturtho avyavahaaryah prapanchopashamah shivo advaita evam omkaara
aatmaiva samvishatyaatmanaa~~tmaanam ya evam veda ya evam veda || 1 ||

om bhadram karnebhih shrunuyaama devaaha | bhadram
pashyemaakshabhriyajatraaha | sthirairangaistushTuvaagm sasatanoobhihi | vyashema
devahitam yadaayuhu | svasti na indro vrudhashravaaha | svasti nah pooshaa
vishvavedaaha | svasti nastaarkshyo arishTanemihi | svasti no bruhaspatirdadhaatu ||

om shaantih shaantih shaantihi ||